

THE KITCHEN CABINET

To make good tea for you and me, We'll heat this earthen pot, you see, Then in it place just one, two, three Full teaspoons of the fragrant tea, One each for you, and me and thee, And when the water boiling be, Turn on; then steep it thoroughly Three minutes to set flavor free.

WHEN COMPANY COMES.

If each household keeps a hen for each member of the family, chicken soup may be a more common dish on the tables of the American housewife.

Royal Soup.—Put a cut-up fowl in a kettle of cold water, bring to a boil and boil ten minutes, then cover tightly and set into the fireless cooker or to simmer on the back part of the range for three or four hours. Remove the chicken which may then be used for another dish and add to the stock two large sliced onions or a dozen small ones, two diced carrots, one diced turnip, one cupful of peas, two bay leaves and salt and pepper. Boil until the vegetables are tender, remove the bay leaves but do not strain. Serve with grated cheese and buttered toast. Veal may be substituted for chicken or a little of both may be used for this soup.

Season all meats with salt, slightly with pepper; to beef add onion juice or a cut clove of garlic, or a minced onion cooked in fat. To lamb add onion and tomato, mint sauce or tomato catsup. To veal, minced chives, sweet herbs. To poultry add celery salt, sweet green pepper, chopped ripe olives. To fish, tomato, parsley, onion, cucumber, horseradish or pickles.

Spread bread with butter lightly then lay on slices of brick or any rich cheese. Put into the oven and serve when the bread is hot and the cheese is melted.

Cream Dressing for Fruit Salad.—Melt four tablespoonfuls of butter and add two and a half tablespoonfuls of cornstarch, one tablespoonful of flour, one-fourth teaspoonful of salt, three drops of tabasco and a tablespoonful of sugar. Add gradually one cupful of hot sweet milk, stir and cook well. Take from the fire and add a beaten yolk and five tablespoonfuls of lemon juice, one at a time, beating well after each spoonful. Add sour cream when ready to use, whip with a Dover egg beater and serve well chilled.

Strawberry Filling for Sponge Cake.—Beat a cupful of cream until stiff, add a third of a cupful of sugar, the white of an egg beaten stiff and a half cupful of well-mashed strawberries. Flavor with vanilla and spread as a filling for layer cake.

Be resolutely and faithfully what you are — be humbly what you aspire to be. Men's noblest gift to man is his sincerity, for it embraces his integrity also.—Henry Thoreau.

MORE GOOD THINGS.

Those who are privileged to have rabbits wild or tame will enjoy this dish. Wash two rabbits which have been cut in pieces for serving, place a layer of rabbit in a large casserole or stone-covered dish, then cover with a layer of finely sliced onion, a few whole peppers, three cloves, a quarter of a bay leaf and a sprinkling of salt. Repeat the layers until the rabbit is all placed, then cover with water and vinegar, using one part vinegar to two parts water, cover the dish and let stand two days. Pour into a saucepan or kettle and cook slowly until the rabbit is tender. Remove the meat carefully and strain the sauce. Cook two tablespoonfuls of sugar to a deep caramel and add very slowly to the sauce. Mix two tablespoonfuls of flour with a little of the sauce and add to it, just before serving put the rabbit back into the sauce to reheat, add three tablespoonfuls of grape juice or jelly.

Potato Dumplings.—Take two cupfuls of mashed potatoes, add salt and nutmeg, one well-beaten egg, half a cupful of croutons well browned in butter a teaspoonful of fine chopped parsley, or half a teaspoonful of sweet marjoram.

Dainty Spring Salad.—Cook a pound of Italian chestnuts (shelled and blanched) in chicken or veal broth (seasoned with vegetables) until tender. Skim out, cool and cut in shreds. Cut tomato jelly in small shapes, shred half a green pepper, and cut a bunch of endive in julienne shreds. Wash and dry the heart leaves of two heads of lettuce and set them on individual plates, sprinkle over it the shredded articles and the tomato bits above. Pour over two tablespoonfuls of the following dressing and serve.

Salad Dressing.—Cut a Bermuda onion in halves and with a thin, sharp knife scrape the juice into a bowl; add three-fourths of a cupful of olive oil, a cupful of red wine vinegar, one-fourth cupful of tomato catsup, a tablespoonful of worcestershire sauce, one teaspoonful of mushroom catsup,

half a teaspoonful of paprika and a teaspoonful of salt. Mix and beat until well blended.

It is easy to say how we love new friends and what we think of them, but words can never trace out all the fibres that knit us to the old.

MORE GOOD THINGS.

Spinach is one of the spring greens which should be used freely. It is rich in iron and other material salt.

Spinach and Eggs.—Have ready a generous cupful of cooked spinach chopped fine. Melt two teaspoonfuls of butter, add a tablespoonful of flour a fourth of a teaspoonful each of salt and pepper; cook a moment, then add half a cupful of rich milk and stir until boiling. Add the spinach, mix and use to line a glass baking dish. Break into the dish three fresh eggs and set them into a moderate oven to cook until set. Serve as a luncheon or supper dish.

Mock Orange Marmalade.—Scrape and grate enough raw carrots to weigh two pounds, then squeeze over the carrot the juice of three lemons, set to cook in a double boiler and cook an hour, or until the carrots are tender, then add the grated rind and juice of three oranges and four cupfuls of sugar; cook until thick.

Vegetable Pie.—Have ready cooked dried Lima beans, cubes of carrot or turnip, peas and canned corn. Mix all together, season with butter, salt and pepper, add a little milk and dispose in individual baking dishes. Cover with rounds of pastry, making an opening for the steam to escape. Bake long enough to cook the pastry thoroughly. Serve as the main dish for luncheon or supper.

Spanish Mackerel.—Split a Spanish mackerel down the back, remove the bone and the small bones attached to it. Season inside with one-fourth of a teaspoonful of salt and a few dashes of paprika, squeeze over the fish the juice of half a lemon and sprinkle with a tablespoonful of finely chopped chives; put the fish back in its natural shape and place it in a baking dish, suitable for the table. Lay slices of salt pork over it and bake in a hot oven half an hour. Remove the pork and pour over the fish a cup of highly seasoned tomato sauce. Serve another cup with the fish.

We never know the true value of friends. While they live we are too sensitive of their faults, when we have lost them, we only see their virtues.—Hare.

GOOD THINGS FOR OCCASIONS.

There are any number of people who like carrots, but who have no ambition to originate new ways of serving them. One of the commonest, and to many the least attractive of all dishes, is creamed carrots. Let us try some other ways to serve the whole-some vegetable.

Puree of Carrots.—Scrape two large carrots, wash and dry them, cut in slices or shreds. Put into a saucepan with two tablespoonfuls of butter, a pint of boiling water, a teaspoonful of sugar and a dash of paprika; cover and let simmer very gently for about an hour; add three cupfuls of soaked bread that has been well drained and pressed down into the cup; add two quarts of chicken or veal broth and simmer an hour.

Celery With Beef Marrow.—Allow a head of celery to each person, pare the roots and cut the stalks, wash in several waters to remove all earth; have all heads the same length and put on to boil in boiling water to cover; boil five minutes, then drain on a cloth, set the heads into a dish where they will lie flat, add salt, a piece of green or red pepper, a tablespoonful of butter and broth to cover; let simmer one hour or until tender. For six heads, cut four ounces of marrow from a beef bone, the hind shin, in half-inch slices, let soak in cold water, drain; cover with boiling water and let simmer one minute; drain and it is ready. Serve with a brown sauce; add five tablespoonfuls of corn flour, add four tablespoonfuls of olive oil and four until frothy, then add one cupful of highly seasoned brown stock, a half cupful of tomato puree, and stir until boiling; add one tablespoonful of worcestershire sauce, a dash of paprika and two or three tablespoonfuls of orange juice.

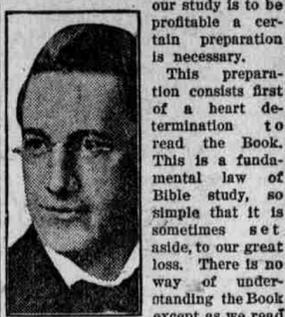
Breakfast Dish.—Heat two cupfuls of tomato, add salt, pepper and butter to season, and pour over well-buttered toast which has been softened around the edges in hot water before spreading with the butter. The bread simply heated in the oven is fully as good and much easier to prepare.

Nellie Maxwell

Studying the Bible

By REV. B. B. SUTCLIFFE
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TEXT—Search the Scriptures.—John 5:39. All Christians should give some time to the study of the Bible and if our study is to be profitable a certain preparation is necessary.



This preparation consists first of a heart determination to read the Book. This is a fundamental law of Bible study, so simple that it is sometimes set aside, to our great loss. There is no way of understanding the Book except as we read it and reread it and reread it. It requires a heart determination to do that, for our threefold enemy will rise up and say "no" when we attempt to read the Book.

The world will say "You are too busy" or you will think "There are too many important things requiring my time to use it reading the Bible." Many look to the preacher to give them their spiritual food. The Lord does give his people pastors but the pastor's study can never take the place of one's own individual study. The world will do what it can to oppose the reading of the Book. The world has a subtle ability to fill our lives so full of seemingly important things, will bring so many crowding opportunities for the use of our time that we need a heart determination to make time for Bible reading.

The flesh will also oppose it. We become so tired physically. It is a remarkable thing that one can sit down with an interesting book and become so absorbed in it as to read far into the night and not feel sleepy. But how quickly the flesh wants to sleep and how the head nods when we would read the Bible for an hour or two in the evening.

The devil also will hinder if he can. He will suggest the difficulty of understanding what we read, will say the Bible is a closed book to our minds and do all he can to bring discouragement. But if we are to come to an understanding of the truth and keep our souls strong and healthy, we must read and reread the Book itself. Not books about the Bible, nor expositions by man, but the Bible itself.

In the second place, we must have a heart determination to allow the Book to mean what it says. We must permit it to define its own terms. We must make it explain itself. It will answer questions concerning the words and terms it uses. We go to the Bible unconsciously prejudiced. We think we know the truth and naturally suppose what the Bible says ought to agree with our thought. If it does not agree we are in danger of forcing into it our own ideas rather than let it mean what it says. We come to it too often for confirmation instead of information. I do not mean that one shall determine to accept all it says at once, nor to believe all it says at once, but I mean that we shall allow it to mean what it says and to define its own terms whether that agrees with us or not. And soon we will find that we agree with it. In this way much confusion will be avoided. In the third place, there must be a heart determination to allow it to speak to oneself. If I am to study the Bible profitably I must allow it to speak to me and not try to dodge. We are all more or less adept at spiritual dodgers. The incident, recorded in the fourth chapter of St. John is a very human picture. Our Lord engages the woman in conversation. She is hesitant about it because it is a strange thing for a Jew to speak to a Samaritan, but she enters into the conversation. Gradually our Lord goes a little deeper into her history until finally he puts his finger on the sore spot. She tries to escape the issue by attempting to sidetrack him. The moment he gets his finger on the sore spot, she says "Our fathers worshiped in this mountain and ye say that in Jerusalem is the place for worship." That is a mere subterfuge to avoid the issue. We will do that in our minds to dodge what the Book says to us personally.

It is difficult to allow the Book to speak to our own hearts but Bible study is valueless and indeed dangerous unless it is allowed to bear fruit in our lives. It cannot be studied merely as literature. This then is the needed preparation for profitable Bible study—a heart determination to read the Book—to allow it to mean what it says and to permit it to speak to our own hearts.

Our Gentle Leader.

We have a Leader so gentle that we can go, as it were, to his tent at night and tell him we are afraid of tomorrow's warfare—that the hard battle has weakened our nerves. O tender Savior, wounded unto death, and yet strong in the consciousness of an indomitable power, thou, on that white horse, shalt lead us forth conquering and to conquer!—Bishop of St. Andrews.

A Word of Precaution.

JUST wherein lies the reason for the use of vegetable preparations for infants and children?

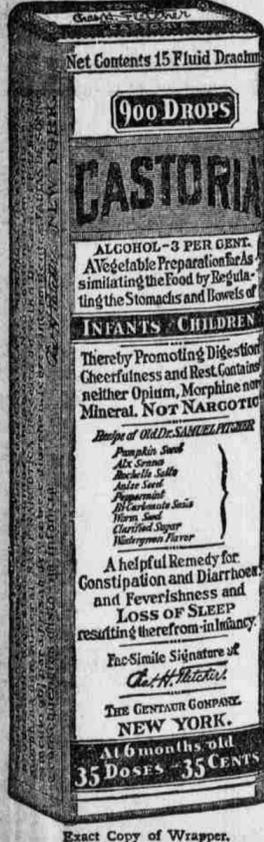
Why are any but vegetable preparations unsafe for infants and children?

Why are Syrups, Cordials and Drops condemned by all Physicians and most laymen?

Why has the Government placed a ban on all preparations containing, among other poisonous drugs, Opium in its variously prepared forms and pleasing tastes, and under its innumerable names?

These are questions that every Mother will do well to inquire about.

Any Physician will recommend the keeping of Fletcher's Castoria in the house for the common ailments of infants and children.



Children Cry For



Letters from Prominent Druggists addressed to Chas. H. Fletcher.

S. J. Briggs & Co., of Providence, R. I., say: "We have sold Fletcher's Castoria in our three stores for the past twenty years and consider it one of the best preparations on the market."

Mansur Drug Co., of St. Paul, Minn., says: "We are not in the habit of recommending proprietary medicines, but we never hesitate to say a good word for Castoria. It is a medical success."

Hegeman & Co., of New York City, N. Y., say: "We can say for your Castoria that it is one of the best selling preparations in our stores. That is conclusive evidence that it is satisfactory to the users."

W. H. Chapman, of Montreal, Que., says: "I have sold Fletcher's Castoria for many years and have yet to hear of one word other than praise of its virtues. I look upon your preparation as one of the few so called patent medicines having merit and unhesitatingly recommend it as a safe household remedy."

GENUINE CASTORIA ALWAYS BEARS

the Signature of *Chas. H. Fletcher*

THE CENTAUR COMPANY, NEW YORK CITY

Some people are like cider—sweet enough until it is time to work.

WHY WOMEN DREAD OLD AGE

Don't worry about old age. Don't worry about being in other people's way when you are getting on in years. Keep your body in good condition and you can be as hale and hearty in your old days as you were when a kid, and every one will be glad to see you. The kidneys and bladder are the causes of senile affections. Keep them clean and in proper working condition. Drive the poisonous wastes from the system and avoid uric acid accumulations. Take GOLD MEDAL Haarlem Oil Capsules periodically and you will find that the system will always be in perfect working order. Your spirits will be enlivened, your muscles made strong and your face have once more the look of youth and health. New life, fresh strength and health will come as you continue this treatment. When your first vigor has been restored continue for awhile taking a capsule or two each day. They will keep you in condition and prevent a return of your troubles. There is only one guaranteed brand of Haarlem Oil Capsules, GOLD MEDAL. There are many fakes on the market. Be sure you get the Original GOLD MEDAL Imported Haarlem Oil Capsules. They are the only reliable. For sale by all first-class druggists.—Adv.

Pride holds some people up and throws a good many down.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Many a fellow believes that "camouflage" originally was used on keyholes.

Have a Clear Skin. Make Cuticura Soap your every-day toilet soap and assist it now and then by touches of Cuticura Ointment to soften, soothe and heal. For free samples address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

One of the meekest men we ever knew was always complaining because his wife was so hard to beat.



CHILDREN Should not be "dosed" for colds—apply "externally"—VICK'S VAPORUB. FILES—Everybody suffering piles, hemorrhoids, hemorrhoids, constipation, bleeding, itching, write Free Trial, positive painless cure. S. E. Tracy, Auburn, Ind. W. N. U., CINCINNATI, NO. 22-1918.

HORSE SALE DISTEMPER
You know that when you sell or buy through the sales you have about one chance in fifty to escape SALE STABLE DISTEMPER. "SPOHN'S" is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventive, no matter how they are "exposed." 50 cents and \$1 a bottle; 15 and \$10 dozen bottles, at all good druggists, horse goods houses, or delivered by the manufacturers. SPOHN MEDICAL CO., Manufacturers, Goshen, Ind., U.S.A.

CONSTIPATION
IS HUMANITY'S GREATEST FOE
It is always a terror to old people and a menace at some time or another to every human being, young or old. It is the forerunner of more ills and suffering than almost any of NATURE'S DANGER SIGNALS and should never be allowed to go unheeded. At the very first indication of constipation get DR. TUTT'S LIVER PILLS which for 72 years has been successfully used for this most prevalent of all disorders. For sale by druggists and dealers everywhere.

Dr. Tutt's Liver Pills

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Join Now! Men who wear this emblem are U.S. MARINES

APPLY AT ANY POST OFFICE for SERVICE UNDER THIS EMBLEM

How Ex-Senator Banished Stomach Trouble
A Wonderful Testimonial Endorsing EATONIC

Gentlemen: I have used EATONIC tablets in my family and find it a most excellent remedy for dyspepsia and all forms of indigestion. Yours respectfully, W. V. SULLIVAN.

EATONIC
FOR YOUR STOMACH'S SAKE
At All Druggists

Quickly Removes All Stomach Misery—Indigestion, Dyspepsia, Flatulence, Heartburn, Sour, Acid and Gassy Stomach

Here's the secret: EATONIC Drives the Gas out of the body—and the Bloat goes with it. Guaranteed to bring relief or money back. Get a box today. Costs only a cent or two a day to use it.

Send for the "Ealy" Book. Address: EATONIC Remedy Co., 1132-34 So. Wabash Avenue, Chicago, Ill.